

Dementia / Alzheimer and Nutrition



Dr. Sultan Mahmood, PhD

Chief Nutritionist, First Dietcare Research Center (FDRC)

109-C/1, Nespak Colony, College Road, Lahore

(1) www.dietcare.pk (2) dietcare@gmail.com; (3)
[www.facebook\dietcare](https://www.facebook.com/dietcare)

0321.430.2528



What is Alzheimer / Dementia

- Alzheimer's disease is a physical disease affecting the brain and is a kind of dementia which is a neurological disorder. Plaques and tangles develop in the structure of the brain, leading to the death of brain cells, thus a permanent memory loss.
- It is likely that a combination of factors, including age, genetic inheritance, environmental factors, diet and overall general health, are the causes.



Patient Blood Profile

- People with Alzheimer's have low levels of vitamins B₁₂, A, and E, as well as lower levels of carotenoids and the mineral zinc.
- Alzheimer brain chemical tests show increased level of aluminum (some 30 times)!! **From where Aluminum comes:**
 - Water containing higher levels of aluminum
 - Tea contains aluminum
 - Non-coated pans especially when acidic foods are cooked
 - Aluminum foil in microwave, packing, cooking
 - Antacid or medicines used for indigestion contain high aluminum (many medicines have far higher concentration of aluminum from adult human body reserve i.e. 30-50 mg)
 - Weak kidney has problem in excreting aluminum thus it is accumulated in blood



Biochemical Reason of Memory Loss

- Alzheimer's patients lack an enzyme needed to manufacture acetylcholine, a neurotransmitter - a brain "messenger" - important in memory. Its deficiency causes memory problems.
- If you forget where you put your glasses, you are forgetful. If you forget you wear glasses, you may have dementia.



Connection of Alzheimer with other Diseases

- Some health disorders promote dementia / Alzheimer like high cholesterol, high blood pressure, obesity, smoking and uncontrolled diabetes.
- A diet low in saturated fats and cholesterol would reduce the risk of Alzheimer's as that of heart attack.
- Diets bad for our heart turn out to be bad for our brain also.



Alzheimer Nutrition

- Good diet includes lots of vegetables, legumes, fruits, cereals and fish.
- Good strategy is to limit intake of meat and dairy products, and emphasize on mono-unsaturated fats, such as olive oil.
- Choline supplements
- Ginkgo biloba is perhaps the supplement best known for "brain health". It is good antioxidant and causes increased blood flow to the brain.
- Vitamin E, already well-known for its cardiovascular effects, also a dementia fighter.

Selected Brain Boosting Foods

1. Water
2. Yogurt
3. Fatty fish
4. Cruciferous green veggies
5. Oils, nuts, seeds
6. Spices especially turmeric, garlic, etc.
7. Berries especially blueberry
8. Some dry fruits, walnut, almond & fig

Thank You

See you again